

## Yorkshire Fertility weight loss guideline and support document

Being overweight reduces success rates of fertility treatment, and losing weight will reduce the risks during pregnancy for both mother and child. As your BMI is over 30, NICE guidelines recommend taking 5 mg of folic acid preconceptionally and during the first trimester. We can pass this letter to your GP so that they can facilitate this for you.

There are different dietary and lifestyle strategies to help you to lose weight – Each person is individual in what will work for them. What works for one person may not work for another. We do not endorse any technique or weight loss advice provider. However, we can provide a list of useful methods our patients have found below. You may find success with attending the gym regularly, some have found support networks such as 'Weight Watchers' and 'Slimming World' helpful, and some have used a private dietitian/nutritionist or personal trainer to provide individualised advice.



You can contact your GP to see what support they can provide. The NHS and other providers offer free weight loss plans and useful resources at:

- <https://www.nhs.uk/better-health/lose-weight/>
- <https://www.bda.uk.com/resource/weight-loss.html>
- <https://www.england.nhs.uk/diabetes/diabetes-prevention/resources/provider-contact-details/>
- <https://kirkleeswellnessservice.co.uk> ( for Huddersfield, Dewsbury and Pinderfields area)
- <https://new.calderdale.gov.uk/health-and-social-care/better-living-service> (for patients from Calderdale)
- <https://www.wypartnership.co.uk/our-priorities/difference-our-partnership-making/lets-diabeat-this-programme>
- <https://www.nhs.uk/conditions/weight-loss-surgery/>
- You could also try the free 'NHS Couch to 5 K' app to improve your exercise routine.

### [Counterweight](https://www.counterweight.org/) (<https://www.counterweight.org/>)

This provides a meal replacement plan alongside dietitian advice. However, restrictive programmes such as these have their limitations – an important one being that you should not try for a pregnancy whilst on their programme if you conceive accidentally whilst on their programme, you should immediately stop the meal replacement plan.

### Weight Loss injections (Wegovy/Ozempic)

Semaglutide (Ozempic/Wegovy) is a medicine licensed for type 2 diabetes/weight loss.

However, studies have indicated that regulating your appetite can help with weight loss. Information on accessing Semaglutide is provided at:

<https://healthmedia.blog.gov.uk/2023/09/04/accessing-wegovy-for-weight-loss-everything-you-need-to-know/>

You should not conceive whilst on the medication, and you are advised to stop taking it three months before trying to conceive or have fertility treatment.

### [Patient resources - Wegovy® ▼ \(semaglutide injection\) for Great Britain](#)

### [Bariatric Surgery:](#)

Bariatric surgery is another option. You can check with your GP whether you meet the qualifying criteria (<https://www.nhs.uk/conditions/weight-loss-surgery/>) to be referred on the NHS pathway.

Alternatively, if you fit the criteria, you can be referred from Yorkshire Fertility for assessment to see if you would be suitable to be offered bariatric surgery to the Local Bariatric unit. As with any surgery, you carefully need to consider the pros and cons, and you would need to wait 18 months after the surgery before planning a pregnancy. Some forms of bariatric surgery can lead to nutritional deficiencies, so check with the bariatric surgeon whether you need any particular vitamin/mineral supplementation.

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